



LUAU 2009 WAS A GREAT SUCCESS!



Westminster Senior Center

Senior Spotlight

8200 Westminster Blvd. Westminster, CA 92683

September 2009

(714) 895-2878

Let The Classes Begin!

Dance Aerobics

Adult Fitness

Yoga & Tai Chi

Stretch & Flex

Balance & Mobility

Retirement Transitions

And Much More!

*Coastline College classes and
Huntington Beach fee-based classes
begin the 1st week of September.
(early registration is advisable)*

Westminster Senior Services Team

CITY COUNCIL

Margie L. Rice
MAYOR

898-3311 ext. 275
893-1732

Tri Ta
MAYOR PRO TEM

898-3311 ext. 263

Frank G. Fry
COUNCIL MEMBER

898-3311 ext. 271
893-3161

Andy Quach
COUNCIL MEMBER

898-3311 ext.274

Tyler Diep
COUNCIL MEMBER

898-3311 ext.262

Donald D. Lamm
CITY MANAGER

898-3311

Greg Johnson
COMMUNITY SERVICES DIRECTOR

895-2860

Diana Dobbert
ASSISTANT COMMUNITY SERVICES DIRECTOR

895-2860

COMMISSION ON AGING

Chair-Vince Agor 897-6252
Commissioner-Nora Barajas 893-3708
Commissioner-Phillip Hodgetts 847-4165
Commissioner-Jerry Meade 893-2865
Commissioner-Vince Petronzio 897-6261
Commissioner-Ginger Waugh-Borden 897-4644
Alternate-Carolyn Black 897-5209
Alternate-Erwin Vysma 893-3659

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every other month at 10:00 a.m. in the City Council Chambers; all residents are welcome and encouraged to attend.

Senior Center Staff
895-2878

Interim Senior Services Supervisor - Claire Hutchinson

Nutrition Site Manager - Judy Speakman

Nutrition Assistant - Maribel Avilez

Secretary - Sherrie Machuga

Receptionist - Ivy Gimondo

Clerk Typist - Joy Williams

Transportation Coordinator - Bea Pratte

Van Drivers - John Conrekas, Bertha Lara
and Clarey Mercer

Health Care Nurse - Jane Hannah

Senior Center Intern-Amber Julian

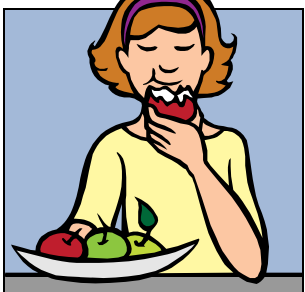
We are on the Web!

This monthly newsletter,
The Senior Center Spotlight,
is now available on the City Website:
www.ci.westminster.ca.us,
Departments, Community Services, Senior Services.

Emergency & Business
Telephone Numbers

Emergency Number 911
Police 898-3315
Fire 744-0400
Elder-Abuse 1(800)451-5155
City Hall 898-3311
OCTA (ACCESS Van) 560-5956
Chamber of Commerce 898-9648
Library 893-5057
Medi-Cal 741-7100
Social Security 1(800)772-1213
Ombudsman 479-0107
Office on Aging 1(800)510-2020
Information Help Line 211

Senior Center



Health Talk: "Healthy Eating"

Wednesday, September 2nd
11:00-11:30 a.m.
Dining Room

Presented by Jane Hannah , R.N., P.H.N.

Sponsored by: Preventive Health Care for Adults

Jane's talk includes information about what to pay attention to when it comes to food and supplements, provides advice on simple ways to eat with less salt and fat, how to read labels and other topics on healthy eating of interest to seniors.

Diabetes Education & Support Group
"Kidneys and Diabetes"

Wednesday, September 16th
12:30-2:00 p.m. in Room 5



Topics to include:

- ♦ Why diabetes can cause kidney disease
- ♦ Symptoms and diagnosis
- ♦ Prevention and treatment

All presentations given by: Jane Hannah RN, PHN

Sponsored by: Preventive Health Care for Adults,
and the Orange County Health Care Agency.

Senior Center Programs

TAKE A VIRTUAL TOUR!

Bowers Museum Senior Outreach Presents:

Remember when...explores a day in the life of
a family from sun up to sun down, through
work and leisure,
in the kitchen and in the parlor,
circa 1900-1930.



This interactive program will be on
Wednesday, October 14th
10:00 a.m. in the Dining Room



This presentation will provide information on
Alzheimer's Disease and ways to
Maintain Your Brain

Wednesday, September 23, 2009

10:00 a. m. - 11:00 a.m.

Dining Room

Presenter: Natalie Chinh Tran



September Display Case

This month we are showcasing the
collections of *Lavina Besanson*.

She includes a fascinating
array of antique die cast pencil
sharpeners from all over the
world, dating from the 17th
Century to the present. They
are truly amazing!



She is also a collector of all kinds
of eggs, ranging from
Faberge to Mexican glass,
even one from Avon!

Lavina has offered \$5 to the 1st person
who can guess which is the **only** plastic egg
in the case. Give it a try!

See the Front Desk to participate.

From the Director's Chair

Happy September!

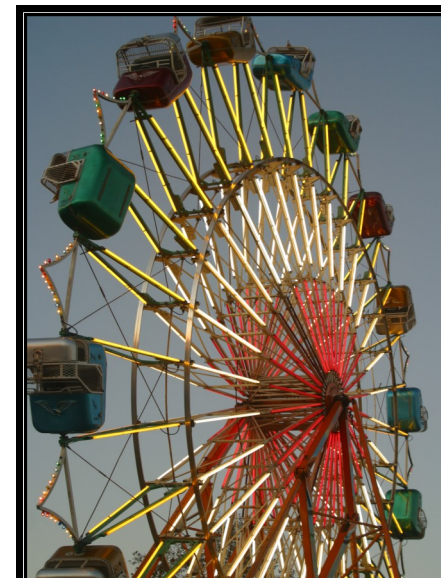
It's hard to believe Summer has come and gone. Hopefully everyone had time to visit family and friends during the summer months and enjoy the beautiful weather.

August was a month full of wonderful events. We had our annual Luau with Isle Entertainment back by popular demand for the third year in a row. There were over 170 people in attendance. The Boys & Girls Club were here to be in a pool tournament with our seniors. Everyone had a great time. Our W.O.W. bus had two opportunities to go to the Farmers' Market in August. Please look at our Calendar for the dates in September. Our September Birthday Party will be on Thursday, September 24th at 11:00 a.m. Don't forget that you can sign-up in advance.

Coastline College and Huntington Beach Adult School will resume in September with new classes forming. Huntington Beach Adult School has a new class called **Retirement Transitions: Find New Work & Opportunities**. Be sure and look in the Spotlight and /or the Community Service Booklet with all the classes available. Each month's Spotlight can also be found on the City website. Many of our classes are free of charge; however, Huntington Beach Adult School is fee-based.

For more information, call the Huntington Beach School Administration Office at (714) 901-8106, ext. 4405 and ask for Lynn. We are always available to answer your questions at the Front Desk. Welcome back!

CLAIRE



Founder's Day Festival and Parade

Our Founder's Day Festival will be held October 23rd through the 25th at Sigler Park located at 7200 Plaza St. Westminster CA, 92683. The parade will be on Saturday, October 24th at 9:30 a.m. in the Sigler Park neighborhood.

Senior Center Programs

Lunch Is Served

Monday-Friday at 11:45 a.m.

Come join in the camaraderie with a delicious lunch and wonderful friendship. The suggested donation is just \$2.50 for our senior participants. If you need a ride to lunch, just give us a call at (714) 895-2878.

Westminster on Wheels W.O.W. Nutrition Van

Please help us continue this outstanding bus service by abiding by the following:

-You must cancel the day before, if possible, by calling the Senior Center at (714) 895-2878. The bus driver cannot accept cancellations.
-After three "no shows" you will be taken off the transportation program.

-Be ready to walk out the door when it is pick-up time from your home.
(There is a 5-minute window of time before & after estimated pick-up time.)

Morning Pick-Ups:

8:00 a.m. to 9:00 a.m. from home to Center.

Afternoon Returns:

12:30 p.m. & 2:30 p.m. from Center to home.

W.O.W. Shuttle

The Shuttle picks up Westminster senior residents from Mobile Home Parks and Senior Housing Complexes to shop around town **Monday through Thursday** from 9:00 a.m. to 1:00 p.m. Please note:

NO SHUTTLE SERVICE ON FRIDAYS
Please contact the Center if you have any scheduling questions. Service is free, but you must sign up, call (714) 895-2878.



Mondays, Wednesdays & Fridays
Thanks to our September 2009 Callers:

9/2-Dollie DeRobbio	(9:30-11:15)
9/4-Sue Wolff	9/21-Kim Ward
(9:30-11:15)	9/23-Earl Northcott
9/7-Closed-Holiday	9/25-Sue Wolff
9/9-Earl Northcott	(9:30-11:15)
9/11-Dorothy Siebert	9/28-Dollie DeRobbio
(9:30-11:15)	9/30-Mary Pagano
9/14-Kim Ward	
9/16-Mary Pagano	
9/18-Dorothy Siebert	

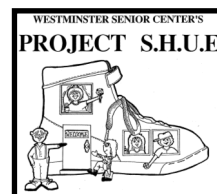
A PLACE TO SIT.

"Love is what makes two people sit in the middle of a bench when there is plenty of room at both ends."



Please mark your calendars :

★ **See's Candy Fundraiser**
begins October 12th



★ **Project S.H.U.E begins in**
early October

★ **Flu Shot Clinic**
Wednesday, November 18th.



DAY TRIPS

Sycuan Indian Casino

Wednesday, September 23, 2009

Near downtown San Diego is the Daycation Getaway you've been waiting for! They also have BINGO.

\$20 back in CASH upon arrival! Must bring i.d..

Depart: 8:00 am

Return: 5:00 pm

Cost: \$32.00

Valley View Indian Casino

Wednesday, October 28th 2009

Enjoy a fun-filled day gaming at this beautiful "Las Vegas" Style Casino. **\$15 in Slot Play upon arrival.**

Must use gaming card. Everyone must have photo i.d.

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$30.00



"Apples & Outlets" in Oak Glen and Cabazon

(Includes Lunch and a Free Apple Pie to take home)

Tuesday, November 3rd, 2009

Start off this tour in Oak Glen with some shopping at the many unique shops along with a visit to Parrish Ranch where the "Apple Barn" has plenty of apple goodies to choose from. Next, enjoy a nice lunch with pie a la mode for dessert at a local restaurant where you will pick up your free apple pie! Before heading home, enjoy some more shopping at the Cabazon Outlet.

Must choose entrée upon sign-up. Choices include:

1. Meat Loaf 2. Ham or 3. Chicken

Depart: 8:00 am

Return: 6:00 pm

Cost: \$54.00



Getty Center/Museum in Los Angeles

Tuesday, November 17, 2009



Discover the Getty Center/Museum in Los Angeles, filled with cultural attractions and memorable works of art. There are panoramic views, places to dine, and tranquil gardens to stroll. Price includes transportation. Lunch is on your own.

Depart: 8:30 am

Return: 5:00 pm

Cost: \$ 29.00

Palm Springs Follies

Wednesday, December 2nd, 2009

Featuring Susan Anton, the 19th season of the Follies celebrates *happy days* entitled "**Let the Good Times Roll!**"

They are bringing back the *good-time music of the 40's, 50's and 60's*. From *Big Bands* and *Swing* to *Doo-Wop*, *Motown* and *Pop*, the Follies presents its annual salute to the holiday season.

Depart: 9:00 a.m.

Return: 6:30 p.m.

Cost: \$77.00



OVERNIGHT TRIPS

Reno/Lake Tahoe at the Silver Legacy

October 19-22, 2009 \$175 p/p dbl. .

(Monday-Thursday) \$234 single

4 days, 3 nights at the beautiful SILVER LEGACY

Visit to Lake Tahoe

Visit to Virginia City

***\$25 back from Casinos**

Laughlin-Riverside Hotel & Casino

Dec. 13-15, 2009

\$84 p/p Double Occupancy

(Sunday-Tuesday)

\$104 Single Occupancy

Includes 3 days/2 nights.

Christmas Dinner Party at the Hotel.

Plus 2 free buffets, and a "Laughlin Funbook", including three 2 for 1 meal coupons at local casinos, appetizers, Boat Cruise and much more.

Great Baggage Handling

& Driver's Tip included.

Depart: 8:00 am

Return: 6:00 pm



*The trips offered are fun and affordable. Enjoy day trips or the popular overnight trips.
The tip for the bus driver is included in the price.*

Senior Center Classes

**Adult Fitness (Chair Exercises) A mildly aerobic, chair/standing exercise class to music that will stretch and strengthen muscle groups and includes aspects of balance.			*Line Dancing/Dance Aerobics		
Day	Time	Instructor	Day	Time	Instructor
Tuesday	10:00 a.m.-12:05 p.m.	M. Masters	Tuesday	10:45–11:45 am-Low Impact 2	J.Camarena
Wednesday	10:00 a.m.-12:05 p.m.	M. Masters	Tues. &Thurs.	12:45 a.m.-2:30 p.m.-Level 4	J. Camarena
			Thursday	9:00–10:30 pm-Level 2	J. Camarena
			Thursday	10:30–12:00 pm-Level 3	J. Camarena
			Thursday	3:00–4:30 pm-Level 2/3	J. Camarena
**Beginning (Chair) Fitness			*Line Dancing/Dance Aerobics		
Day	Time	Instructor	Day	Time	Instructor
Tues./Thurs.	12:30 p.m.-1:35 p.m.	M. Masters	Monday	2:45 -4:15 pm-Level 1	V. Williams
** Aerobics The aerobics class is open to seniors who are able to do chair exercises and floor exercises .			Longevity Stick Longevity Stick is a Vietnamese form of exercise involving slow movement and stretching. If you have questions, please call (714) 895-2878 ext.482.		
Day	Time	Instructor	Day	Time	Instructor
Monday	10:00 a.m.-12:00 p.m.	M. Lascoe	Monday	9:00 a.m.-10:00 a.m.	D. Allison
			Thursday	9:00 a.m.-10:00 a.m.	M.Bac Dau
**Balance & Mobility A preventive class for Seniors at risk for falling; must meet entrance criteria, requires doctor’s clearance, medical history and balance evaluation before enrollment.			Mah Jongg		
Day	Time	Instructor	Day	Time	Instructor
Tues. &Thurs.	8:45 a.m.-9:45 a.m.	M. Masters	Monday	10:00 a.m.-noon	C. Seifert
Bridge			“Transition to Retirement”		
Day	Time	Instructor	Day	Time	Instructor
Mon./Thurs.	12:15 p.m.-3:00 p.m.	D. Berman	Wednesday	9:00 a.m.-11:30	S. Fleming
Bunco			Day	Time	Instructor
Day	Time	Instructor	Tuesday	9:30 a.m.-10:30 a.m.	J. Camarena
2nd & 4th Wed. of each month	12:30 p.m.-2:30 p.m.	D. Vorono	Day	Time	Instructor
			Friday	10:30 a.m.-12:00 noon	M. Epstein
Creative Crafts			Tai Chi		
Day	Time	Instructor	Day	Time	Instructor
Thursday	9:00 a.m.-11:30 a.m.	M. Loth	Friday	8:30 a.m.-10:30 a.m.	L. Mo
Intermediate Computer Class			Yarn Spinners		
Day	Time	Instructor	Day	Time	Instructor
Monday	9:00 a.m.-11:30 a.m.	K. Hillhouse	Mon./ Wed./Fri.	9:00 a.m.-noon	G. Borden
Tuesday	12:30p.m.-3:00	B. Ault	*Yoga for Health		
Beginning Computer Class			Day	Time	Instructor
Day	Time	Instructor	Tuesday	3:45 p.m.-4:40 p.m.	L. Henderson
Tuesday	9:00-11:30	A. Spisak			
Wednesday	9:00-11:30	D. Davis			


Please Note: Beginning June 15, 2009, ALL Huntington Beach Adult School classes are now **Fee-Based**.
*Huntington Beach Adult School (for further info. call (714) 901-8106 ext.4405) **Coastline Community College

Fall Session for Coastline College Classes is from August 31st through December 18th.
Fall Session for Huntington Beach Adult School Classes is September 2nd through December 17th.

Senior Center Programs

Commodities - Our Commodities Program is on the **2nd Wednesday** of each month. September Commodities will be on **Wednesday, September 9th**. If you are a Senior (60+) living in Westminster, and qualify as low income, please come between **9:00 a.m.-Noon**. Bring proper identification.

Driver Safety (formerly 55 Alive) - Classes are every other month on a Thursday and a Friday from **8:30 a.m.to 12:30 p.m.** The next class takes place on **October 22nd & 23rd, 2009. NEW PRICING:** The cost is **\$12 per person if you are a member of AARP** and **\$14 for non-members**; sign-up at the Front Desk. **Please bring your membership card and make checks payable to AARP.**



Orange County Fire Authority will give a presentation on their **Home Fire Safety Program** in the Dining Room **Wednesday, October 21st**, from 10:00 to 11:00 am in the Dining Room. Have your questions ready. We will have a few raffle drawings for those who attend the entire program. See you there!

WESTMINSTER CERTIFIED FARMER’S MARKET
& WESTMINSTER ART –A-FAIR AT THE MALL

New W.O.W. Bus Program!
Beginning in August, 2009, the W.O.W. Bus will be taking seniors to the **Farmers' Market** at the **Westminster Mall** the **FIRST** and **LAST** Wednesdays of the month. The dates in September will be the 2nd and the 30th. The bus will leave the Senior Center at 12:30 p.m. and return at 2:00 p.m. Please see Bea Pratte in the Transportation Office (Room 9) to sign-up or if you have any questions, please call (714)895-2878 ext.481.



Dinner Group
Café Westminster
6260 Westminster Blvd.
Wednesday, September 16th
at 4:30 p.m.
** Sign Interest List at the Front Desk*

MOVIES

Fridays at 9:15 a.m.

September 4th
“**Magnificent Obsession**”
Rock Hudson, Jane Wyman
A careless philanderer wrecks his boat and indirectly causes the death of a beloved local doctor. He then tries to make amends to the man’s widow.
Runtime:1 hour, 48 minutes
Unrated (1954); Classic

September 11th
“**Imitation of Life**”
Lana Turner, John Gavin
Two struggling single mothers face a huge challenge as they try to raise their children.
Runtime:2 hours, 5 minutes
Unrated (1959); Classic

September 18th
“**Living Proof**”
Harry Connick, Paula Cale
The story of a medical researcher’s tireless efforts to win FDA approval for Herceptin, now recognized as an important weapon against breast cancer.
Runtime: 1 hour, 31 minutes
Not Rated (2008); Drama

September 25th
“**Coco Chanel**”
Barbara Bobulova, Shirley MacLaine
The story of one of fashion’s most prominent women, starting with her humble beginnings in a French orphanage, up through her un-paralleled success as a fashion icon.
Runtime: 2 hours, 19 minutes
Rated PG (2008); Drama